

Benefits Newsletter

June 2022






For any Benefits content questions, contact the SRNS Service Center at 5-7772 or via email at the SERVICE-CENTER@srs.gov.

June 2022 | Issue 0046



June

NOTES:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12  All week	13	14 	15 	16 Benefits and You	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Health and Welfare

Blood Pressure Matters

Keep Hypertension in Check

About 1 in 3 adults in the U.S. has high blood pressure, but many don't realize it. High blood pressure is sometimes called a "silent killer," because it usually has no warning signs, yet it can lead to life-threatening conditions like heart attack or stroke. The good news is that high blood pressure, or hypertension, can often be prevented or treated. Early diagnosis and simple, healthy changes can keep high blood pressure from seriously damaging your health.



"Hypertension is a leading risk factor for death and disability worldwide," says Dr. Paul Whelton, an expert in hypertension and kidney disease at Tulane University. "High blood pressure raises the risk of having a heart attack, heart failure, stroke, or kidney disease."



Wise Choices

For Healthy Blood Pressure

- **Keep a healthy weight.** Ask your doctor if you need to lose weight.
- **Be physically active.** Get moving for at least 30 minutes most days of the week.
- **Eat a healthy diet.** Choose an eating plan rich in vegetables, fruits, whole grains, and low-fat dairy and low in saturated fat and added sugars.
- **Cut down on salt.** Many Americans eat more sodium (found in salt) than they need. Most of the salt comes from processed food (such as soup and baked goods).
- **Drink alcohol in moderation, if at all.** Men should have no more than 2 drinks a day; women no more than 1 drink a day.





Health and Welfare



American
Heart
Association®

American Heart Association Webinar

Join the American Heart Association in learning more about managing your blood pressure, living a healthy lifestyle and taking charge of your health! This webinar will be available via Teams on **June 15th from 10am – 11am.**

To register for this webinar, please email kerri.makekau@srs.gov.

American Heart Association Webinar - The Facts About High Blood Pressure

High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high. Did you know there are more people in the CSRA with High Blood Pressure than could fill the James Brown Arena over 36 times?





Health and Welfare

Group Accident

Savannah River Nuclear Low Plan - Monthly (12pp/yr)

Coverage	Rates
Employee	\$4.57
Employee +1	\$7.69
Family	\$10.68

Savannah River Nuclear High Plan - Monthly (12pp/yr)

Coverage	Rates
Employee	\$8.80
Employee +1	\$14.60
Family	\$20.39

Aflac Accident Rates decreased!

We are pleased to announce that Aflac has adjusted their Accident Rates in favor to our plan participants. You will notice the new lower rates, effective May 1, 2022. No plan design changes were made with this update. You can view your current elections through eApplicaitions.

If you would like to sign up for the Accident plan, you can enroll during the 2023 Open Enrollment period this fall.

If you have any questions, you can contact Service-Center@srs.gov.





Retirement Services

Prudential
PATHWAYS

Student Loans - How to Pay Off Your Debt

This seminar will cover important topics like these:

- How student loan debt impacts borrowers
- Repayment options
- Choosing a payoff strategy
- And more



Graduating from college is an exciting time in one's life. Student debt, however, can sometimes make the transition into the working world difficult. This course discusses the impact student loan debt has on borrowers and provides repayment options and payoff strategies.

Prudential Pathways, our financial wellness vendor, is hosting a webinar on **June 14, 2022 at 11:00 AM - 12:00 PM ET** to provide advice and information on how to pay off your student loan debt.

Click here to register for the webinar:

<https://www.cvent.com/c/calendar/2236b26c-72f9-4280-95f7-1e7a01ac0608>





Retirement Services

Designate your SIP beneficiary today!

By designating a beneficiary for your SIP account, you can control who will receive the assets if anything happens to you and help them avoid probate.

Show your loved ones you care by adding at least one beneficiary to your account. This quick and easy step could save your loved ones time, money, and frustration during a difficult time. Access your SIP account at transamerica.com/portal/srsretire and click **Log In** to update or designate your beneficiary.

Name both primary and contingent beneficiaries. It's a good practice to name a "back up" or contingent beneficiary in case the primary beneficiary dies before you. Depending on your situation, you may have only a primary beneficiary. In that case, consider whether a charity (or charities) may make sense to name as the contingent beneficiary.

Update for life events. Review your beneficiary designations regularly and update them as needed based on major life events, such as births, deaths, marriages, and divorces.

Coordinate with your will and trust. Whenever you change your will or trust, be sure to talk with your attorney about your beneficiary designations. Because these designations operate independently of your other estate planning documents, it's important to understand how the different parts of your plan work as a whole.





Wellness

Onsite Biometric Screenings

Included in Each Checkup

- Total Cholesterol
- HDL
- LDL
- Triglycerides
- Glucose
- A1c (for known diabetics)
- ALT and AST (Liver Tests)
- Abdominal Circumference
- BMI (height/weight)
- One-on-One Video Consult with Nurse Practitioner
- Access to a Secure Patient Portal to view:
 - Comprehensive Personal Health Report
 - Personal Action Plan
 - History of Past Results



Dates:	Location	Time
June 13	SRPPF - Bldg 706-4F	10:00 – 2:00
June 14	Mgmt Constr - 704-N, Rm A	8:00 – 2:00
June 15	BSRA – Ellenton Room	8:00 – 2:00
June 16	SRTE – Bldg 742-19G, Rm 6	8:00 – 2:00

Eligibility: SRNS, BSRA, & SRMC employees on BCBS Medical coverage

www.TimeConfirm.com/SRS

Catapult
HEALTH

FREE
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HEALTH
CHECKUPS



Benefits Spotlight

My Health Toolkit®

Your health benefits at your fingertips

My Health Toolkit App

1. Learn more about your coverage

Look up your medical coverage, deductible and out-of-pocket spending.

2. Check medical claims

View the status of a current or previous medical claim, the date of services, the amount charged by your provider and the amount you may owe.

3. View your identification card

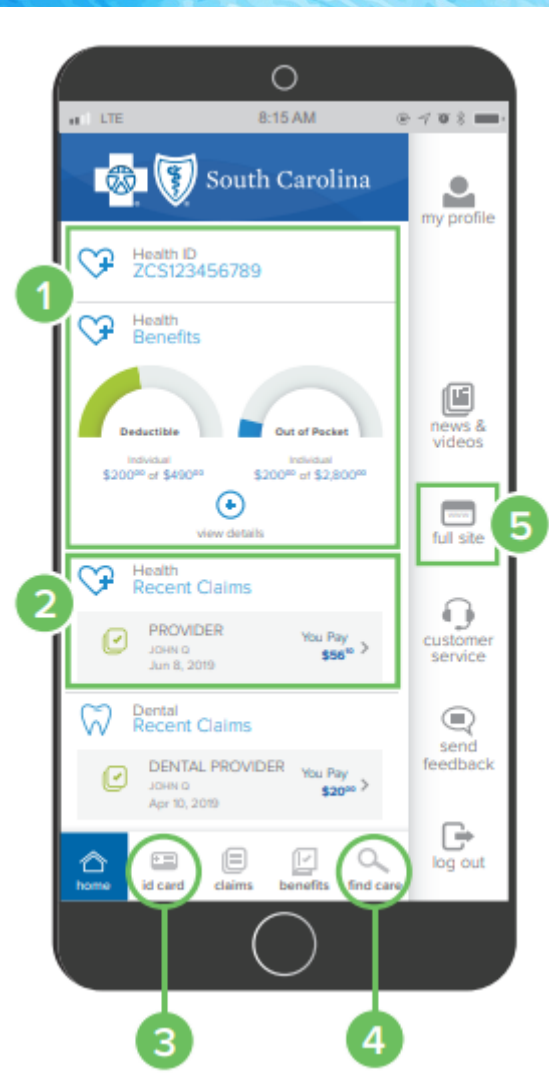
You can access and share an electronic version of your card.

4. Shop for care

Use the [Find Care](#) link to view a list of network doctors and medical facilities in your area. Check out features like patient reviews, quality information and accepting new patients.

5. Access our full site

The link to our website allows you to order a replacement membership card and many other tasks.



Get started today

It's easy to sign up for My Health Toolkit. In just a few clicks, you'll have everything you need at your fingertips.

Step 1: If you haven't already downloaded our app, visit the App Store or Google Play store and search **My Health Toolkit**. Once you have downloaded the app, create an account if you don't already have one.

Option 1: Enter your member ID located on the front of your BlueCross insurance card, along with your date of birth. When submitting your member ID, make sure you include both the alpha prefix and the numbers.

Option 2: If you don't have your insurance card, enter the Social Security number associated with the health plan and your date of birth.

Step 2: To create your profile, choose a username and password.

Next, select a security question and security answer. If you ever forget your username or password, you will be asked to answer the security question instead. Then, enter your email address and confirm.

Step 3: To complete your registration, don't forget to set your preference on how you want to receive your Explanation of Benefits (EOB) and how you prefer to be contacted.

